

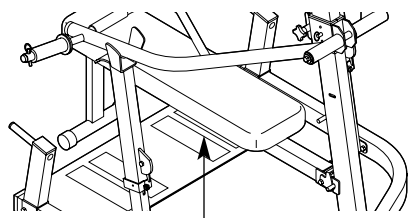
WEIDER[®] PRO 250X

USER'S MANUAL

Model No. WEBE28410

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

QUESTIONS?

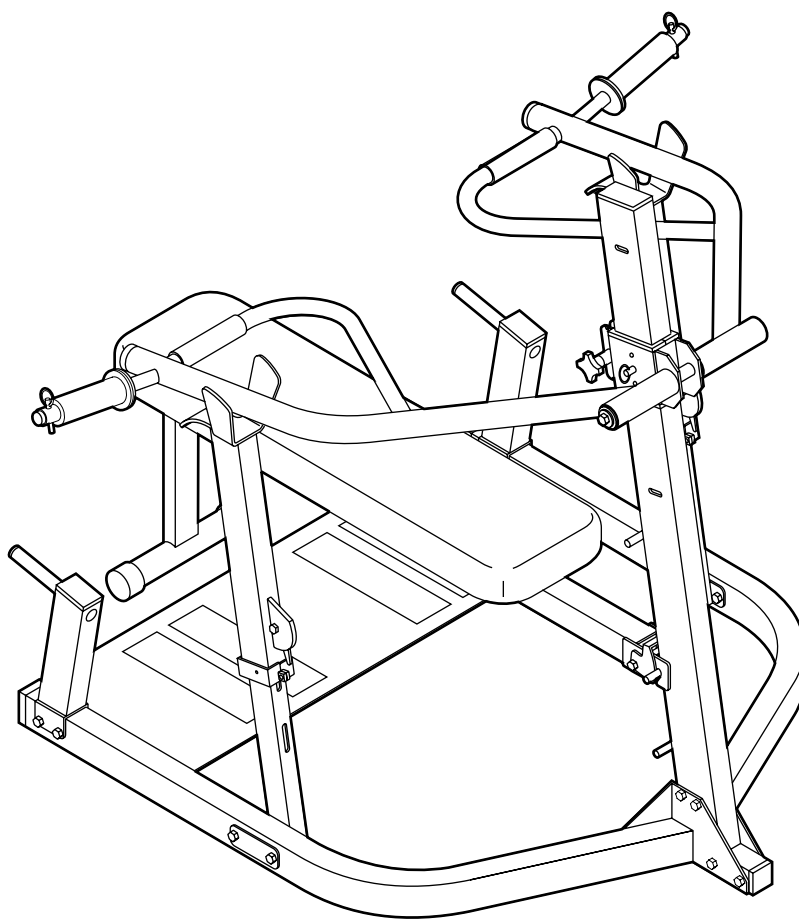
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

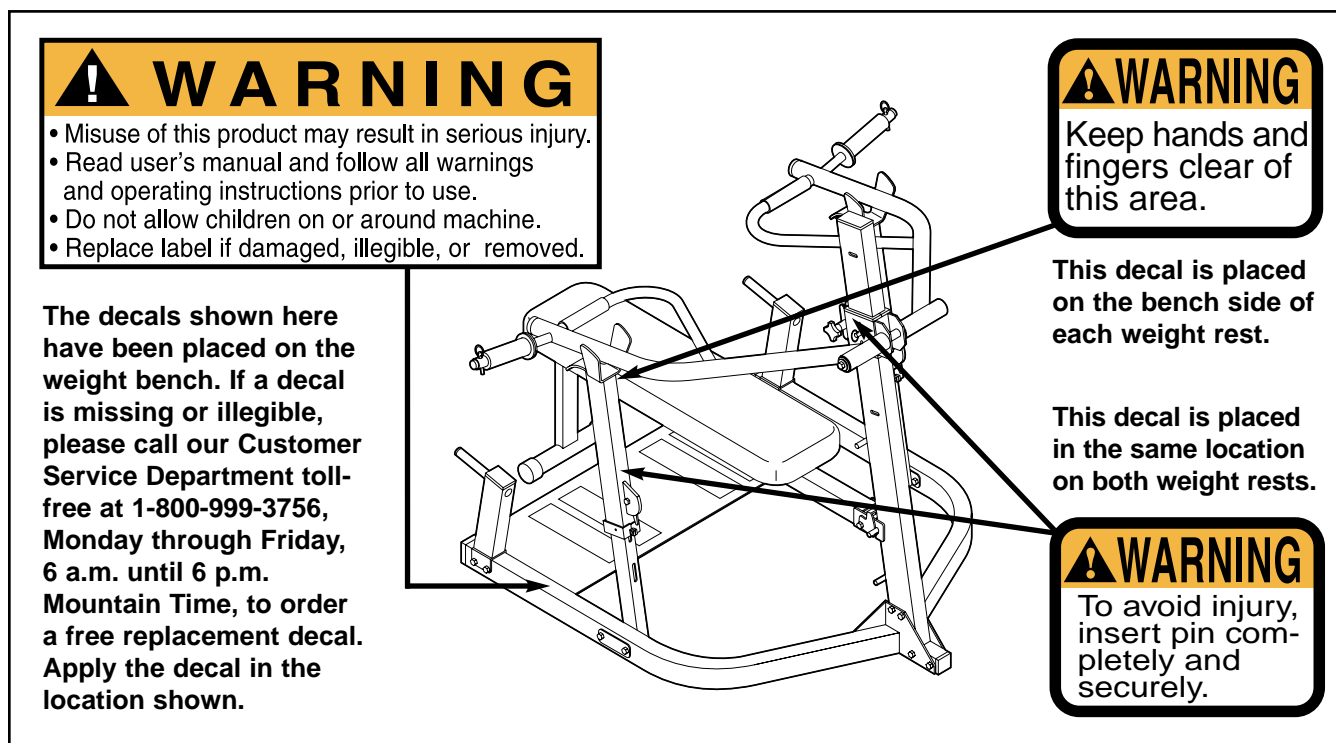
www.nordictrack.com

new products, prizes,
fitness tips, and much more!

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	6
ADJUSTMENTS	10
EXERCISE GUIDELINES	12
PART LIST	14
EXPLODED DRAWING	15
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

WARNING DECAL PLACEMENT



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Always set both weight rests at the same height.
10. The weight bench is designed to support a maximum user weight of 250 pounds. Do not place more than 155 pounds on each press arm. Note: The weight bench does not include weights.
11. Always place an equal amount of weight on each press arm.
12. Always secure weights with the ring pins when they are mounted on the press arms.
13. Always move the bench out of the way when performing exercises that do not require it.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

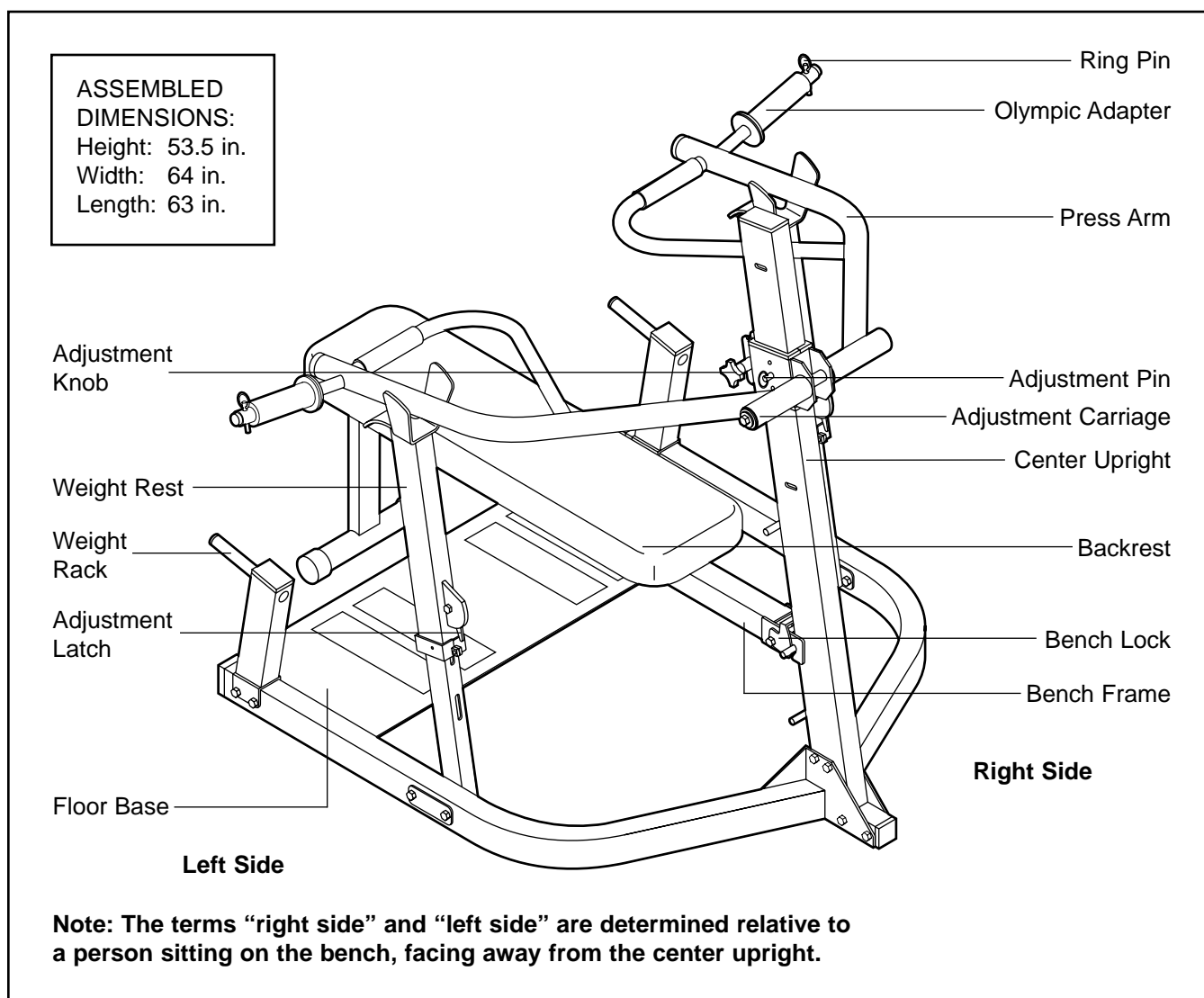
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 250X weight bench. The 250X weight bench offers a selection of weight stations designed to develop the major muscle groups of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the 250X weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have additional ques-

tions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE28410. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

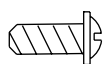
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 14. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



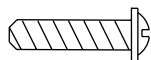
M6 Nylon Locknut (36)



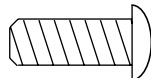
M8 Nylon Locknut (33)



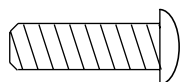
M5 x 10mm Self-tapping Screw (34)



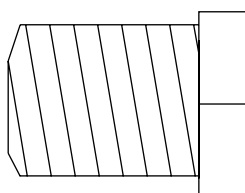
M4 x 16mm Self-tapping Screw (42)



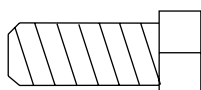
M6 x 16mm Screw (28)



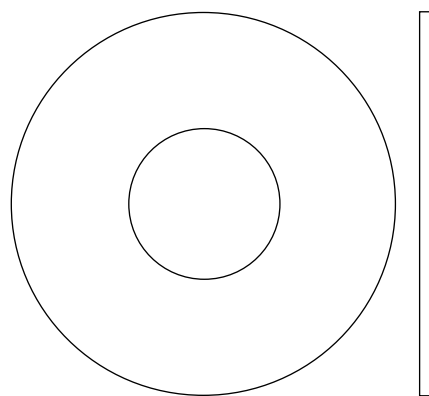
M6 x 20mm Screw (35)



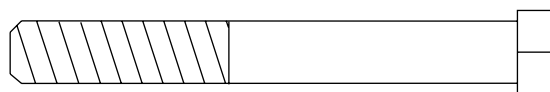
M20 x 25mm Bolt (31)



M8 x 20mm Bolt (40)



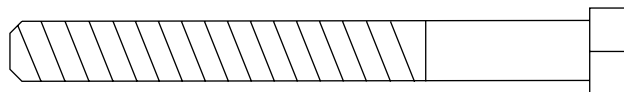
M20 Washer (32)



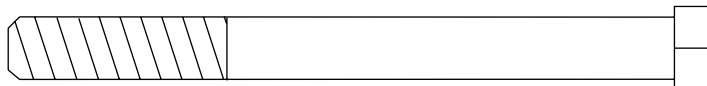
M8 x 67mm Bolt (27)



M4 Washer (49)



M8 x 77mm Bolt (48)



M8 x 88mm Bolt (30)

ASSEMBLY

Make Things Easier for Yourself



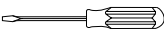
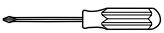
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

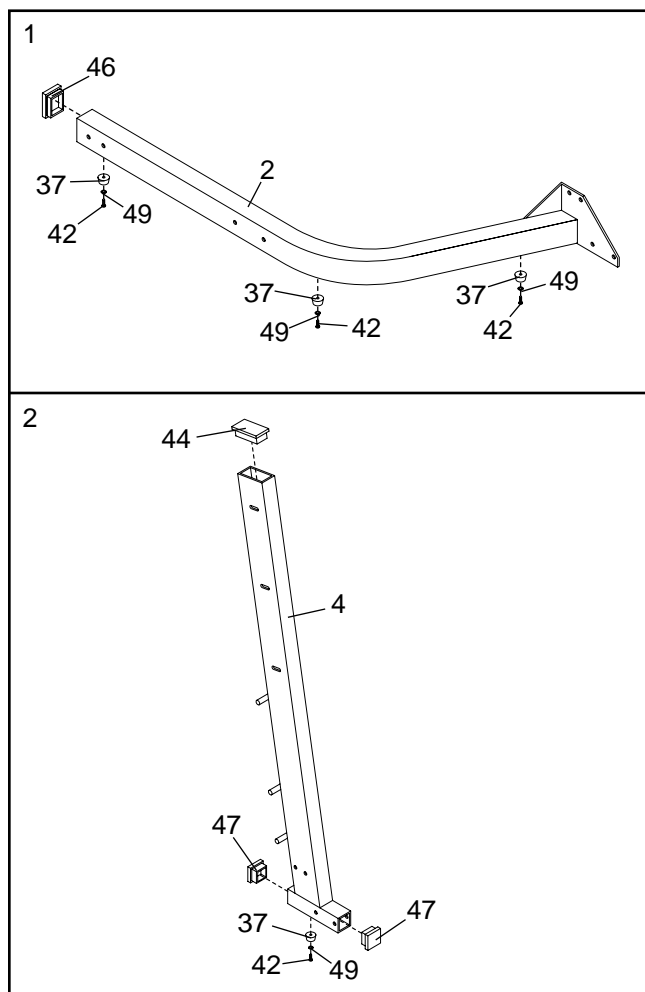
1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Press a 50mm x 70mm Inner Cap (46) into the end of the Left Base (2). Attach three Rubber Pads (37) to the bottom of the Left Base with three M4 x 16mm Self-tapping Screws (42) and three M4 Washers (49).

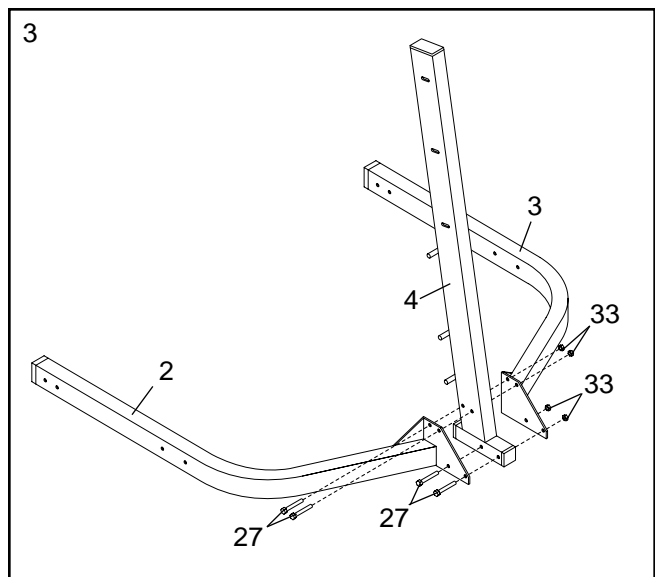
Repeat this step with the Right Base (3).

2. Press a 50mm x 100mm Inner Cap (44) into the top of the Center Upright (4). Press two 50mm Square Inner Caps (47) into the base on the Center Upright.

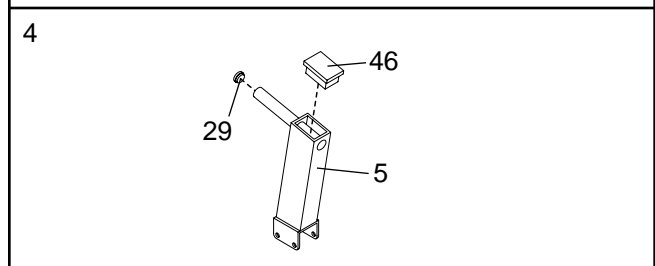
Attach a Rubber Pad (37) to the bottom of the Center Upright (4) with an M4 x 16mm Self-tapping Screw (42) and an M4 Washer (49).



3. Attach the Left and Right Bases (2, 3) to the Center Base (4) with four M8 x 67mm Bolts (27) and four M8 Nylon Locknuts (33). **Do not tighten the Locknuts yet.**

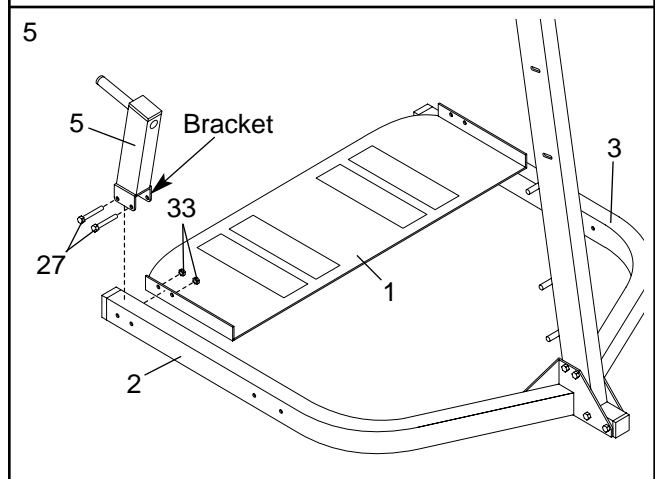


4. Press a 50mm x 70mm Inner Cap (46) into the top of a Weight Rack (5). Press a 25.4mm Round Inner Cap (29) into the end of the tube on the Weight Rack.



Repeat this step with the other Weight Rack (5).

5. Orient the Floor Base (1) as shown. Set the bracket on a Weight Rack (5) over the indicated holes in the Left Base (2). Attach the Weight Rack and the Floor Base to the Left Base with two M8 x 67mm Bolts (27) and two M8 Nylon Locknuts (33). **Be sure the Floor Base is attached outside of the bracket on the Weight Rack.**



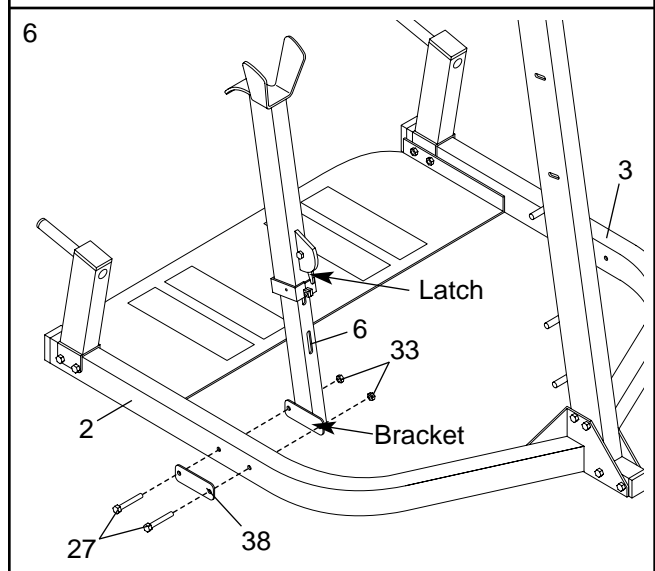
Attach the other Weight Rack (5) to the Right Base (3) in the same manner.

Tighten the M8 Nylon Locknuts (33) used in step 3.

6. Identify the Left Upright (6) by the position of the bracket at the bottom. Orient the Left Upright so that the latch is on the side shown.

Attach the Left Upright (6) to the Left Base (2) with two M8 x 67mm Bolts (27), a Support Plate (38), and two M8 Nylon Locknuts (33).

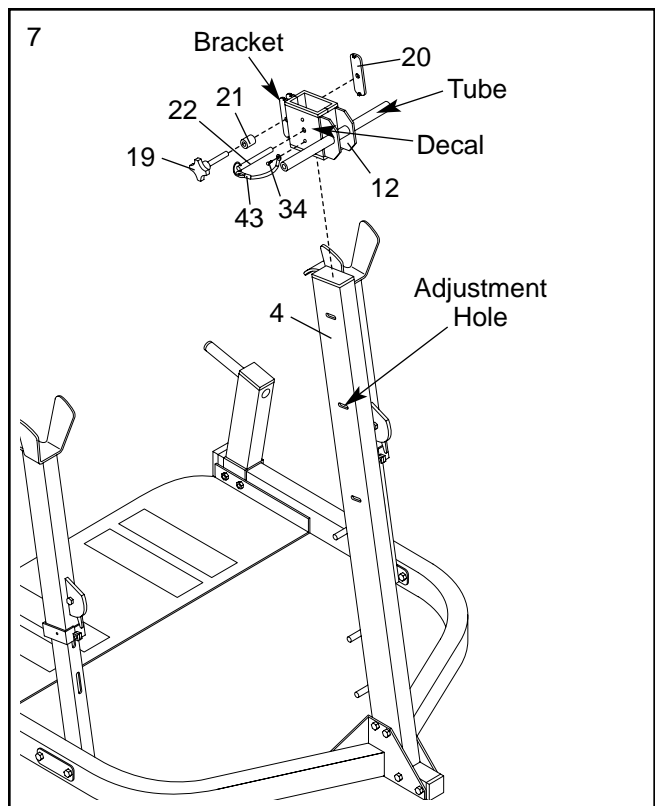
Attach the Right Upright (not shown) to the Right Base (3) in the same manner.



7. Attach the eyelet on the Cable (43) to the indicated hole in the Adjustment Carriage (12) with an M5 x 10mm Self-tapping Screw (34).

Orient the Adjustment Carriage (12) so the decal and tube are in the positions shown. Slide the Adjustment Carriage onto the Center Upright (4). Insert the Lock Pin (22) into the hole in the Carriage and the indicated adjustment hole in the Center Upright.

Insert the Adjustment Knob (19) through the Spacer (21) and the bracket on the Adjustment Carriage (12), and tighten it into the Lock Plate (20).



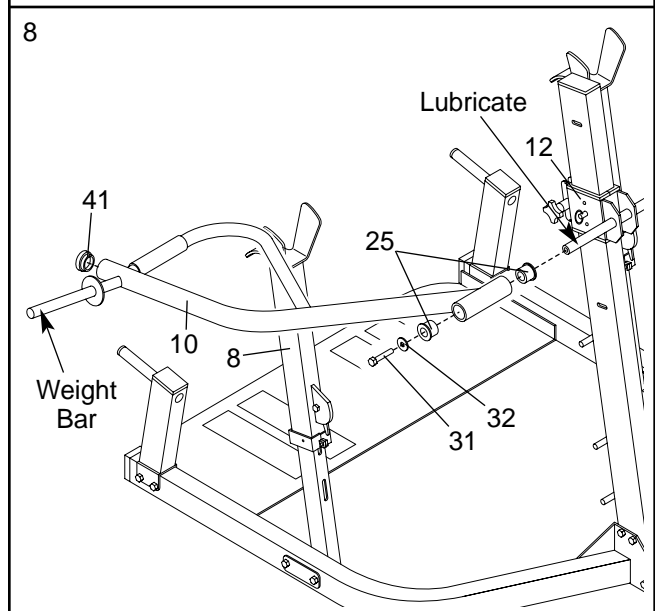
8. Press a 50mm Round Inner Cap (41) into the end of the Left Press Arm (10). Press two Arm Bushings (25) into the indicated tube on the Left Press Arm.

Lubricate both sides of the tube on the Adjustment Carriage (12) with the included grease. **Note: Use one of the packaging bags to apply the grease. Then turn the bag inside out.**

Attach the Left Press Arm (10) to the left side of the tube on the Adjustment Carriage (12) with an M20 x 25mm Bolt (31) and an M20 Washer (32). **Be sure the weight bar points upward.**

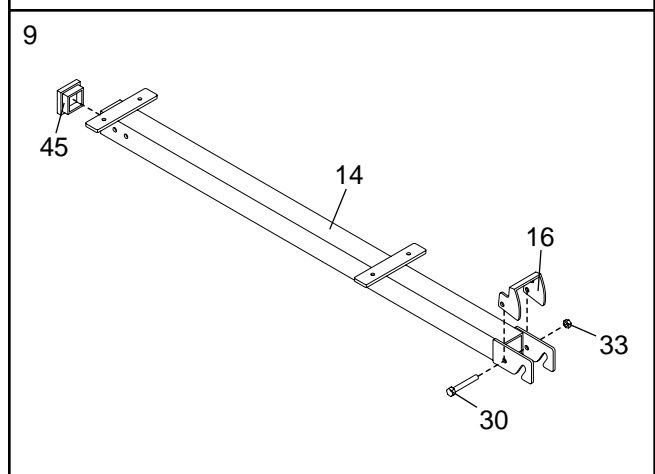
Rest the Left Press Arm (10) on the left Weight Rest (8).

Attach the Right Press Arm (not shown) to the right side of the tube on the Adjustment Carriage (12) in the same manner.



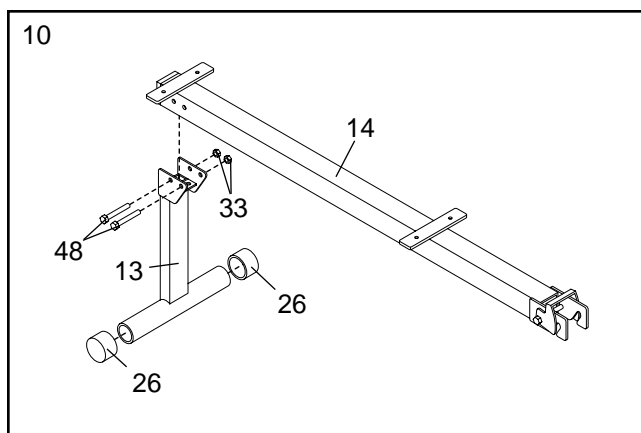
9. Press a 60mm Square Inner Cap (45) into the end of the Bench Frame (14).

Orient the Bench Lock (16) as shown. Attach the Bench Lock to the Bench Frame (14) with an M8 x 88mm Bolt (30) and an M8 Nylon Locknut (33). **Do not overtighten the Nylon Locknut; the Bench Lock must be able to pivot easily.**

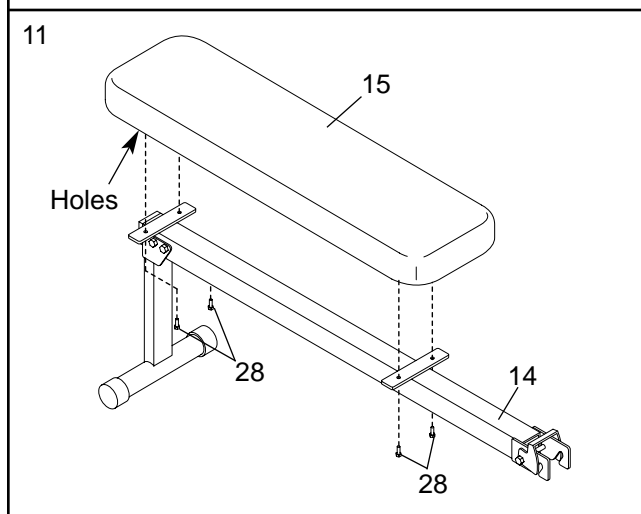


10. Press the two 50mm Round Outer Caps (26) onto the ends of the Bench Leg (13).

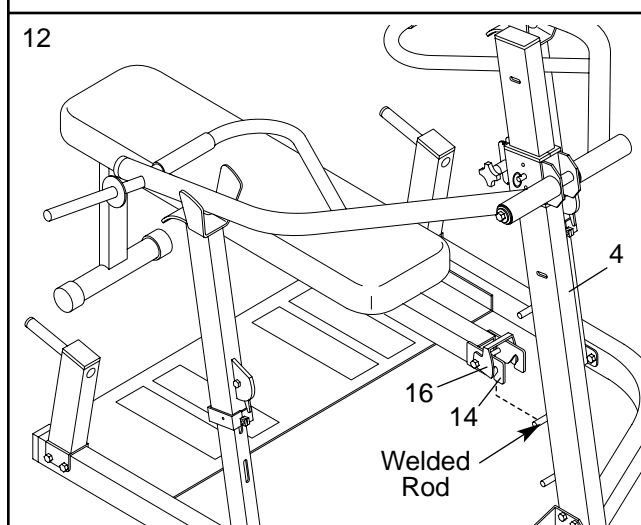
Orient the Bench Leg (13) as shown. Attach the Bench Leg to the Bench Frame (14) with two M8 x 77mm Bolts (48) and two M8 Nylon Locknuts (33).



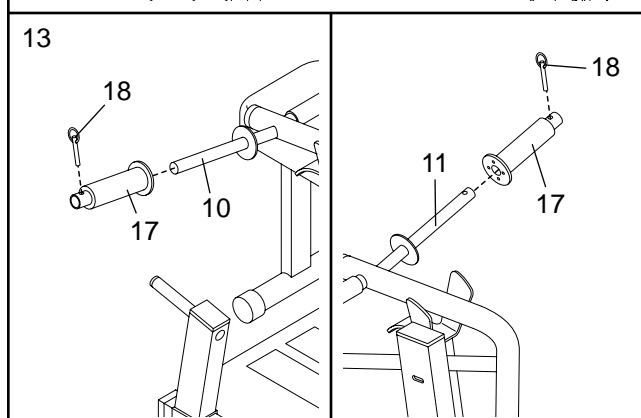
11. Orient the Seat (15) so that the holes that are closer to the edge of the Seat are on the indicated end. Attach the Seat to the Bench Frame (14) with four M6 x 16mm Screws (28).



12. Set the Bench Frame (14) onto a welded rod on the Center Upright (4). Press the Bench Lock (16) down to secure the Bench Frame in place.



13. If you are going to use Olympic weights, slide an Olympic Adapter (17) onto each Press Arm (10, 11). Secure the Olympic Adapters with the two Ring Pins (18). Flip the ring on the Ring Pin down around the end of the tube.



14. Make sure that all parts have been properly tightened before using the weight bench.

ADJUSTMENTS

This section explains how to adjust the weight bench. Refer to the accompanying exercise guide to see the correct form for each exercise. See the EXERCISE GUIDELINES on page 12 for important information about how to get the most benefit from your exercise program.

Make sure all parts are properly tightened each time you use the weight bench. Replace worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING AND REMOVING THE BENCH

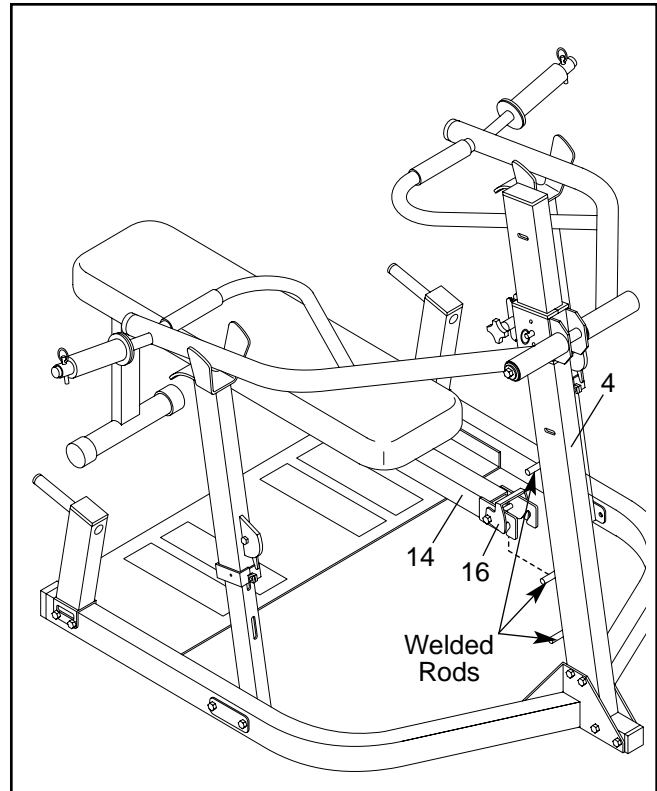
To remove the bench, pull the Bench Lock (16) back. Lift the Bench Frame (14) off the Center Upright (4).

The bench can be used in a declined, level, or inclined position. To adjust the bench, remove it as described above. Set the Bench Frame (14) onto a welded rod on the Center Upright (4). Press the Bench Lock (16) down to secure the Bench Frame in place.

To use the bench in a declined position, reattach the Bench Frame (14) to the bottom welded rod on the Center Frame (4).

To use the bench in a level position, reattach the Bench Frame (14) to the middle welded rod on the Center Frame (4).

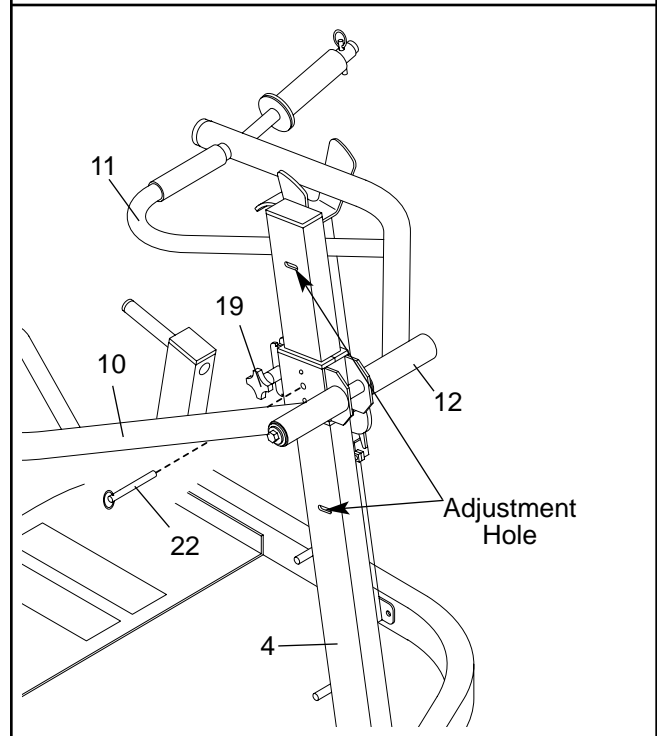
To use the bench in an inclined position, reattach the Bench Frame (14) to the top welded rod on the Center Frame (4).



ADJUSTING THE ADJUSTMENT CARRIAGE

The Press Arms (10, 11) will need to be raised or lowered for some exercises. To do this, pull the Lock Pin (22) out of the Adjustment Carriage (12) and loosen the Adjustment Knob (19). Raise or lower the Carriage and line up the hole in the Carriage with an adjustment hole in the Center Upright (4). Insert the Lock Pin into the Adjustment Carriage and retighten the Adjustment Knob.

⚠ WARNING: Always fully insert the Lock Pin (22) into the Adjustment Carriage (12) and fully tighten the Adjustment Knob (19).



ADJUSTING THE WEIGHT REST

To adjust the height of the left Weight Rest (8), pull the Weight Rest up so that the Latch (39) engages the desired hole in the Left Upright (6).

When the Weight Rest (8) reaches the top of the Left Upright (6), the Latch will disengage. Slide the Weight Rest to the bottom of the Upright, and press the Latch in. Lift the Weight Rest up until it engages the desired hole in the Upright.

Note: The Left Press Arm (10) will need to be held up while the Weight Rest (8) is adjusted.

The right Weight Rest (not shown) can be adjusted in the same manner.

⚠ WARNING: Always set both Weight Rests (8) to the same height before exercising. Always engage the Latch (39) with one of the three holes in the Uprights (6, 7). Do not engage the Latch on top of the Uprights.

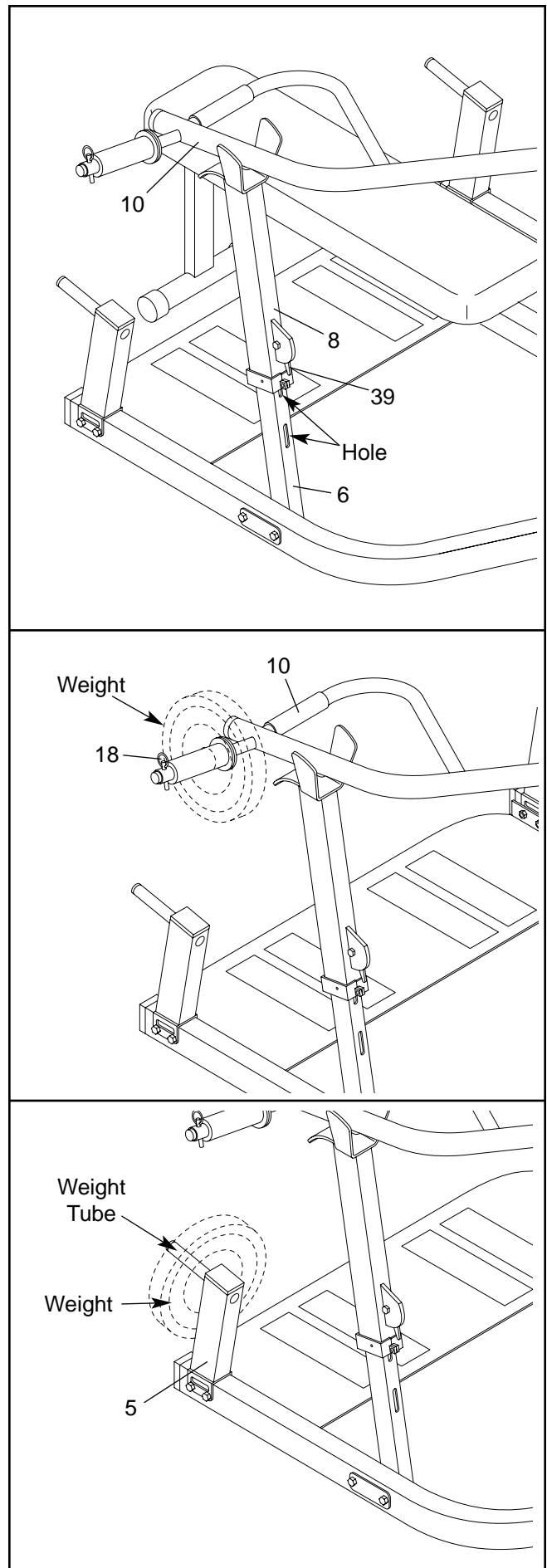
ATTACHING WEIGHTS

To add weight (not included) to the Press Arms (10, 11 [not shown]), remove the Ring Pins (18). Slide the weight onto the Press Arms. Replace the Ring Pins.

⚠ WARNING: Always place an equal amount of weight on each Press Arm (10, 11).

STORING WEIGHTS

To store weights (not included), slide them onto the tubes on the Weight Racks (5).



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, and develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature, and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 13 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

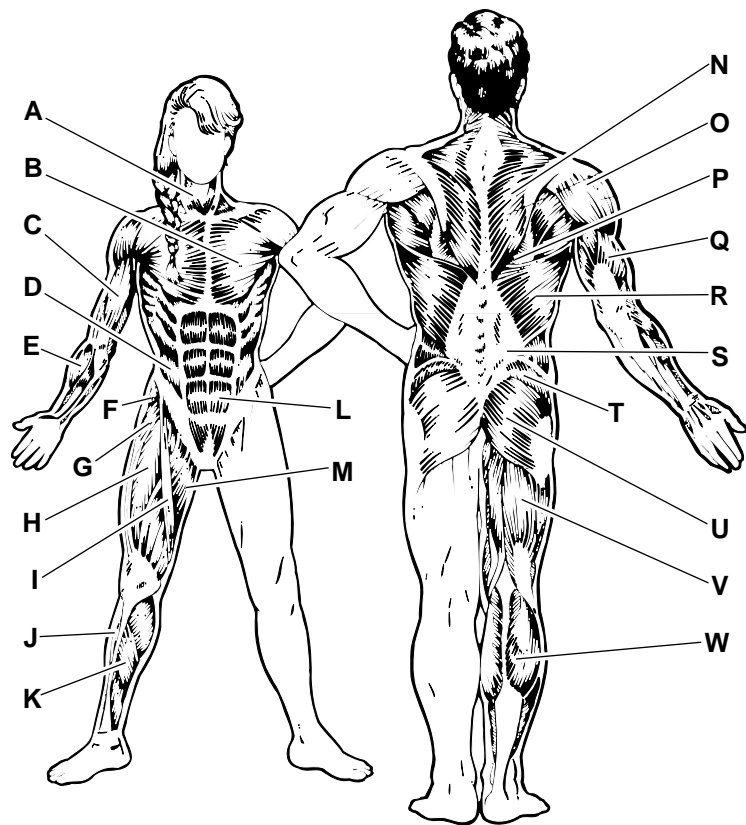
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)

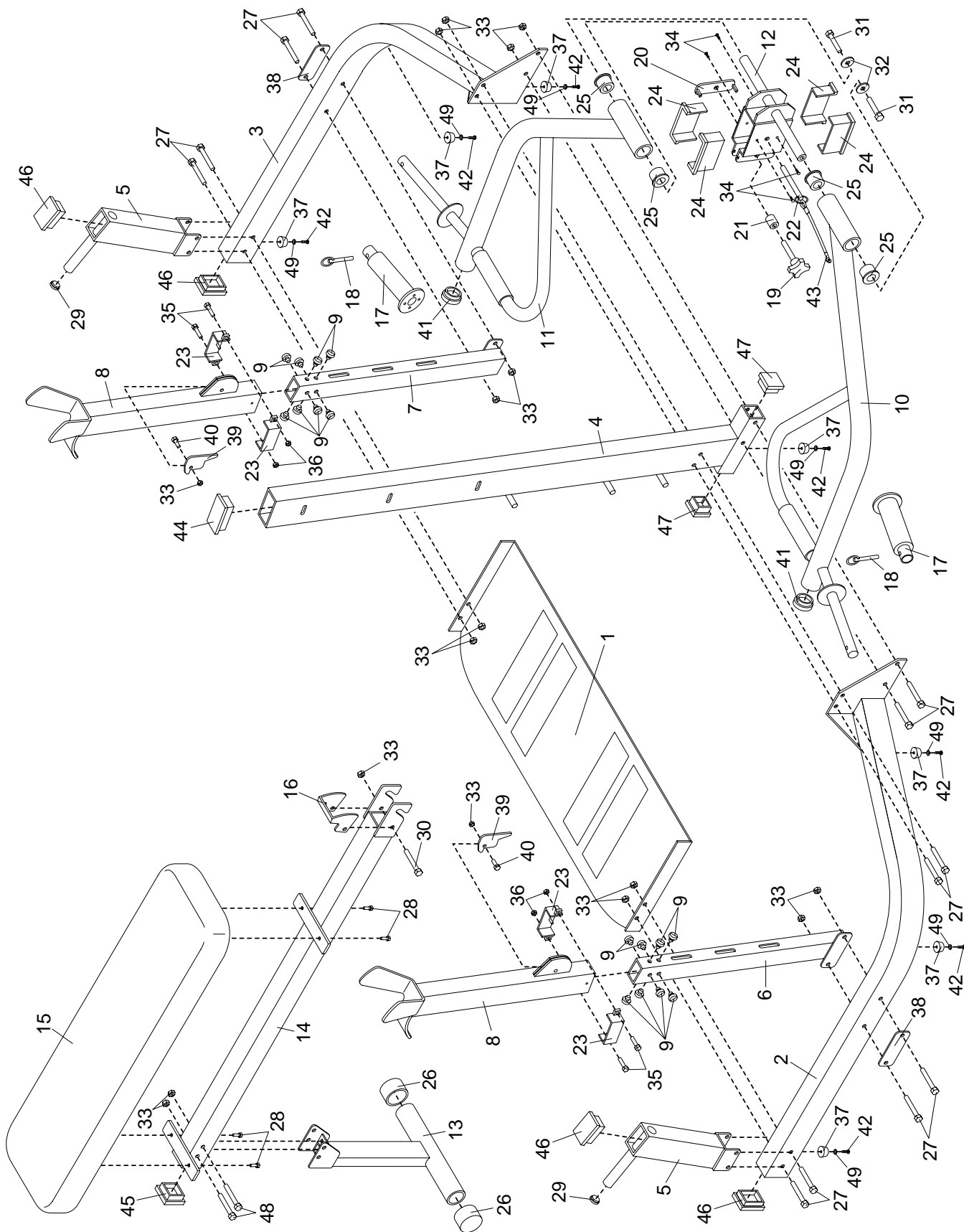


PART LIST—Model No. WEBE28410

R0402A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Floor Base	27	12	M8 x 67mm Bolt
2	1	Left Base	28	4	M6 x 16mm Screw
3	1	Right Base	29	2	25.4mm Round Inner Cap
4	1	Center Upright	30	1	M8 x 88mm Bolt
5	2	Weight Rack	31	2	M20 x 25mm Bolt
6	1	Left Upright	32	2	M20 Washer
7	1	Right Upright	33	17	M8 Nylon Locknut
8	2	Weight Rest	34	4	M5 x 10mm Self-tapping Screw
9	16	Plastic Pad	35	4	M6 x 20mm Screw
10	1	Left Press Arm	36	4	M6 Nylon Locknut
11	1	Right Press Arm	37	7	Rubber Pad
12	1	Adjustment Carriage	38	2	Support Plate
13	1	Bench Leg	39	2	Latch
14	1	Bench Frame	40	2	M8 x 20mm Bolt
15	1	Seat	41	2	50mm Round Inner Cap
16	1	Bench Lock	42	7	M4 x 16mm Self-tapping Screw
17	2	Olympic Adapter	43	1	Cable
18	2	Ring Pin	44	1	50mm x 100mm Inner Cap
19	1	Adjustment Knob	45	1	60mm Square Inner Cap
20	1	Lock Plate	46	4	50mm x 70mm Inner Cap
21	1	Spacer	47	2	50mm Square Inner Cap
22	1	Lock Pin	48	2	M8 x 77mm Bolt
23	4	Support Sleeve	49	7	M4 Washer
24	4	Carriage Bushing	#	1	User's Manual
25	4	Arm Bushing	#	1	Exercise Guide
26	2	50mm Round Outer Cap			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WEBE28410)
2. The NAME of the product (WEIDER® PRO 250X weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on pages 14 and 15 of this manual).

LIMITED WARRANTY

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813